## WHAT IS CLAIMED IS:

1. A refrigerator-freezer which has one or a plurality of storages and a cooling means for cooling the storages, comprising:

hermetically sealed containers installed inside the storages to store foods to be refrigerated/frozen;

an exhaust means for individually discharge exhaust of the hermetically sealed containers; and

a switching means for turning ON/OFF the exhaust means.

- 2. The refrigerator-freezer according to claim 1 wherein a vacuum breaking means for breaking the vacuum condition after discharging exhaust by the exhaust means is provided for the hermetically sealed containers.
- 3. The refrigerator-freezer according to claim 1 or claim 2 wherein an open-close detection means for detecting open-close of container door section is provided to the hermetically sealed containers.
- 4. The refrigerator-freezer according to any of claims 1 through 3 further comprising a temperature detection means for detecting temperature inside the hermetically sealed container, wherein the exhaust means discharges exhaust after the temperature detection means detects that the temperature inside the hermetically sealed container lowers to the specified value.
- 5. The refrigerator-freezer according to any of claims 1 through

4 wherein a bio-ceramic element which has bioactivity for generating negative ions is located inside the hermetically sealed container.

6. A refrigerator-freezer which has a plurality of storages and a cooling means for cooling the storages, comprising:

hermetically sealed containers installed inside the storages to store foods to be refrigerated and frozen;

connection ends mounted to the storages;

exhaust ducts that can be connected to the hermetically sealed containers by the connection ends;

a common exhaust means for discharging exhaust of the hermetically sealed containers connected to the exhaust duct via the connection ends by discharging exhaust inside the exhaust duct; and

an operating device for operating connections between the hermetically sealed containers and the exhaust duct.

- 7. The refrigerator according to claim 6 wherein the operating means does not open the connection between the hermetically sealed containers and the exhaust duct when the hermetically sealed containers are not connected to the connection ends of the exhaust duct.
- 8. The refrigerator according to claim 6 or claim 7 further comprising a temperature detection means for detecting the temperature inside the hermetically sealed container wherein the

operating means opens the connection between the hermetically sealed containers and the exhaust duct after detecting that the temperature inside the hermetically sealed container lowers to the specified value.

- 9. The refrigerator-freezer according to any of claim 6 through claim 8 wherein a vacuum breaking means for breaking the vacuum condition after exhaust by the exhaust means is mounted to the hermetically sealed containers.
- 10. The refrigerator-freezer according to any of claim 6 through claim 9 wherein a bio-ceramic element which has bioactivity to generate negative ions is located inside the hermetically sealed containers.
- 11. A refrigerator-freezer which has one or a plurality of storages and a cooling means for cooling the storages, which are formed into a hermetically sealed construction, comprising:

an exhaust means for discharging exhaust of the storages of the hermetically sealed construction.

- 12. The refrigerator-freezer according to claim 11 wherein a vacuum breaking means for breaking the vacuum condition after the exhaust means discharges exhaust is equipped to the storage.
- 13. The refrigerator-freezer according to claim 11 or claim 12 wherein the exhaust means waits until the temperature inside the

storages lowers to the specified temperature and carries out the exhaust operation.

- 14. The refrigerator-freezer according to any of claim 11 through claim 13 wherein an open-close detection means for detecting the open-close of the storage door is installed to the storage.
- 15. The refrigerator-freezer according to any of claim 11 through claim 14 wherein the cooling means has a plurality of heat exchangers inside the storage.
- 16. The refrigerator-freezer according to any of claim 11 through claim 15 wherein a bio-ceramic element which has bioactivity to generate negative ions is located inside the storage.
- 17. A storage container used for storing reserves in a cold storage, comprising:
- a hermetically sealing means for hermetically sealing the storage containers,
- an exhaust means for individually discharging exhaust of the storage containers, and
  - a switching means for turning ON/OFF the exhaust means.
- 18. The storage container according to claim 17 wherein a vacuum breaking means for breaking the vacuum condition after exhaust is discharged by the exhaust means is equipped to the storage containers.

- 19. The storage container according to claim 17 or claim 18 wherein a bio-ceramic element which has bioactivity to generate negative ions is located inside the storage containers.
- 20. A cold storage which has a freezer compartment that can refrigerate and store preserves in the warehouse, comprising:
- a hermetically sealing means for hermetically sealing the freezer compartment,

an exhaust means for individually discharging exhaust of the freezer compartment, and

- a switching means for turning ON/OFF the exhaust means.
- 21. The cold storage according to claim 20 wherein a vacuum breaking means for breaking the vacuum condition after exhaust is discharged by the exhaust means is equipped to the freezer compartment.
- 22. The storage container according to claim 20 or claim 21 wherein a bio-ceramic element which has bioactivity to generate negative ions is located inside the freezer compartment.
- 23. The storage container according to any of claim 20 through claim 22 wherein a temperature sensor for detecting the existence of humans or living organisms by temperature is mounted inside the freezer compartment.